

## PBF405B FLAT/INCLINE BENCH ASSEMBLY INSTRUCTIONS

8. Assemble the SWIVEL SLEEVE to the LEFT side of the BENCH FRAME as shown in (DETAIL A) using one (1) 3/8 X 4-1/2 IN. BOLT, one (1) 3/8 IN. WASHER, and one (1) 3/8 IN. LOW HEIGHT LOCK NUT. (NOTE: TIGHTEN SWIVEL SLEEVE ENOUGH THAT IT SWIVELS FREELY, YET IT DOESN'T Wobble.)
9. Assemble the SPRING PIN ASSEMBLY to the HOUSING on the SWIVEL SLEEVE using one (1) KNOB, one (1) PLUNGER, one (1) SPRING, one (1) SPACER, and one (1) COTTER PIN, using the following steps:
  - A. Assemble the KNOB to the PLUNGER.
  - B. Insert the PLUNGER through the first hole of the HOUSING.
  - C. Slip the SPRING, and the SPACER over the end of the PLUNGER. (IN THAT ORDER)
  - D. Insert the PLUNGER through the second hole of the HOUSING.
  - E. Pull back SPACER on the PLUNGER, and insert the COTTER PIN through the hole. (SEE DETAIL A ON THE DRAWING)
  - F. (SEE DETAIL A ON THE DRAWING)
10. Insert two (2) 1-1/2 IN. SQ. END CAPS into both ends of the SPRING PIN HOUSING on the SWIVEL SLEEVE. (SEE DETAIL A)
11. Insert two (2) 1-3/4 IN. SQ. END CAPS into each end of the ADJUSTABLE SLIDE.
12. Insert the multiple hole end of the ADJUSTABLE SLIDE into the SWIVEL SLEEVE until the SPRING PIN engages into the first adjustment hole. (NOTE: BE SURE SWIVEL SLEEVE IS IN THE PROPER POSITION, SEE DRAWING) Attach the other end to the ADJUSTABLE SLIDE MOUNT on the BACK PAD, using one (1) 3/8 X 2-1/2 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOW HEIGHT LOCK NUT. (TIGHTEN UNTIL SNUG, THEN BACK OFF 1/4 TURN)
13. To adjust SEAT PAD use the 3/8 IN. L-PIN. (SEE DRAWING)

PARABODY INC.



WHITTE FLAT/INCLINE BENCH  
PBF405B

PRODUCT ASSEMBLY  
INSTRUCTION SHEETS

#### TOOLS REQUIRED FOR ASSEMBLY:

- \* 9/16 INCH SOCKET
- \* ADJUSTABLE WRENCH
- \* HAMMER

REVISION: B

If you experience any problems with the assembly of this product, please contact your dealer or your PARABODY Customer Service representative at:

1-800-328-9714.

## PBF405B FLAT/INCLINE BENCH ASSEMBLY INSTRUCTIONS

### IMPORTANT:

- \* THE BODYSMITH FLAT/INCLINE BENCH MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.

**\*\*\* IMPORTANT \*\*\***  
**KEEP ALL FRAME BOLT CONNECTIONS LOOSE UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN.**

1. Insert four (4) 2 IN. SQ. END CAPS into each end of the two (2) BASE LEGS, and one (1) 2 IN. SQ. END CAP into the top end of the BENCH FRAME.
2. SECURELY assemble the two (2) BASE LEGS to the BENCH FRAME, using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, four (4) 3/8 IN. LOCKWASHERS, and four (4) 3/8 IN. NUTS.
3. Assemble four (4) SEAT BRACKETS to the BENCH FRAME as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOW HEIGHT LOCK NUTS. (NOTE: TIGHTEN SEAT BRACKETS ENOUGH THAT THEY SWIVEL FREELY, YET THEY DON'T WOBBLE)
4. SECURELY assemble the SEAT PAD to the FRONT set of SEAT BRACKETS, using two (2) 3/8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCKWASHERS, and two (2) 3/8 IN. WASHERS.
5. SECURELY assemble the BACK PAD to the REAR set of SEAT BRACKETS, using two (2) 3/8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCKWASHERS, and two (2) 3/8 IN. WASHERS.
6. SECURELY assemble the ADJUSTABLE SLIDE MOUNT to the BACK PAD, using two (2) 3/8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCKWASHERS, and two (2) 3/8 IN. WASHERS. (NOTE: THE OFFSETTING FLANGE ON THE ADJUSTABLE SLIDE MOUNT SHOULD BE LOCATED ON THE LEFT SIDE OF THE BACK PAD. SEE DRAWING)
7. Attach eight (8) PARAGLIDE STRIPS to the SWIVEL SLEEVE as shown in (DETAIL A) using the following steps:
  - A. Thoroughly clean all inside surfaces where the PARAGLIDE STRIPS are to be attached
  - B. Remove paper backing from the PARAGLIDE STRIPS and firmly apply them to all shown surfaces (8 places)

## PBF405B FLAT/INCLINE BENCH ASSEMBLY PARTS LIST

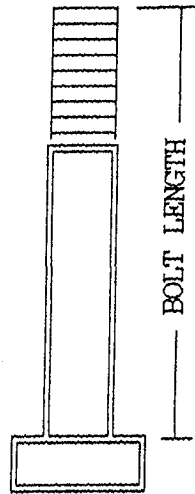
Sort and count all parts before beginning assembly

HARDWARE: ITEM	NAME/DESCRIPTION	QTY
1	3/8 X 4-1/2 IN. BOLT	1
2	3/8 X 3 IN. BOLT	6
3	3/8 X 2-1/2 IN. BOLT	1
4	3/8 X 1-1/4 IN. BOLT	6
5	3/8 IN. WASHER	21
6	3/8 IN. LOCKWASHER	10
7	3/8 IN. NUT	4
8	3/8 IN. LOW HEIGHT LOCK NUT	4
9	3/8 IN. L-PIN	1
10	2 IN. SQ. END CAP	5
11	1-3/4 IN. SQ. END CAP	2
12	1-1/2 IN. SQ. END CAP	2
13	PARAGLIDE STRIPS	8
14	KNOB	1
15	PLUNGER	1
16	SPRING	1
17	SPACER	1
18	COTTER PIN	1

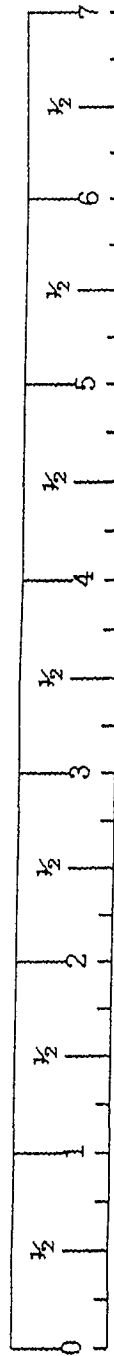
Sort and count all parts before beginning assembly

WELDMENTS/PARTS: ITEM	NAME/DESCRIPTION	QTY
1	BASE LEG	2
2	BENCH FRAME	1
3	ADJUSTABLE SLIDE MOUNT	1
4	ADJUSTABLE SLIDE	1
5	SEAT BRACKET	4
6	SWIVEL SLEEVE	1
7	SEAT PAD	1
8	BACK PAD	1

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:





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